

USIC Activity Listing Template

Definitions:

Low Risk	Risk events that have lower severity and probability to cause significant injury or damage are rated as low risk or a hazardous condition is unlikely to cause accidents, and even if it does, results in only negligible damage.
Medium Risk	An event resulting in risks that can cause an impact but not a serious or catastrophic loss.
Higher Care (permitted under conditions only)	Requires review by Risk Management for approval to ensure Division regulations are met. <u>Note:</u> School Division's must conduct extra risk mitigation strategies over and above a medium risk activity for any high risk that is authorized by the school division, including but not limited to demonstrated progressive training and instruction in the activity, protective equipment and enhanced supervisions.
High Risk (not permitted)	Any activity which inherently poses an increased risk of harm, illness or injury or a hazardous condition may cause frequent accidents which may result in catastrophic equipment losses, injury, or death. Examples of high-risk activities are extreme sports and activities with dangerous elements. These activities are not permitted.

Title	Risk Category (Green, Yellow, Orange, Red)
Art Classes	Green - Low Risk
Basketball, Benchball, Endball	
Bowling	
Cardio Fitness activities (non-contact/not sport specific)	
Court Sports	
Cross Country Skiing	
Educational Presentations	
Field Studies	
Fishing	
Hiking on Maintained Trails (day trip only)	
Lacrosse type games (in school learning Indigenous roots)	
Leadership and Team Building	
Mini Golf	
Performing Arts & Dance	
Photography	
Rugby (non-contact)	
Science & Steam Programs	
Snowshoeing	
Softball and T-Ball	
Spray Parks	
Track & Field: Hurdles	
Triathlon	
Volleyball	
Yoga	

Title	Risk Category (Green, Yellow, Orange, Red)
Amusement Parks	Yellow - Medium Risk (with Restrictions)
Archery	
Baseball (i.e. hardball) - does not include softball/slo-pitch	
Baton Twirling	
Bicycle motocross (BMX)	
Bottle Rocketry	
Broomball	
Camp Experience (Overnight Accommodation)	
Canoeing (Flat Water) including Voyageur - no skirts	
Canoeing (moving water of grade 1 or less) - no skirts	
Carnival Games (*Excludes inflatables which are Not Recommended)	
Cheerleading (Acrobatic)	
Climbing Wall (indoors/outdoors at facilities that are licenced or use approved standards only)	
Cricket	
Crockicurl	
Curling	
Cycling	
Diving	
Downhill Skiing	
Escape Rooms and Mental Puzzles/Challenges	
European Handball	
Field Hockey	
Football (flag/touch)	
Football (Tackle)	
Gaga Ball Pits	
Gymnastics: Parallel Bars	
Gymnastics: Pommel Horse	
Gymnastics: Still Rings	
Gymnastics: Uneven Parallel Bars	

Title	Risk Category (Green, Yellow, Orange, Red)
Gymnastics: Vaulting	Yellow - Medium Risk (with Restrictions)
Horseback Riding	
Ice Hockey	
Ice Skating	
Interactions with Animals	
Kayaking (Flat Water) - no skirts	
Kayaking (moving water of grade 1 or less) - no skirts	
Lacrosse (box & field)	
Martial Arts	
Outdoor Education - Must reference specific activity(ies) to be completed. Outdoor Education is not in and of itself an "activity".	
Overnight Accommodation (not camping)	
Paddle boarding (Flatwater only)	
Ringette	
Rope Courses/Climbing	
Sailing	
Skateboarding	
Skiing / snowboarding / cross country skiing/tubing	
Soccer	
Swimming	
Team Handball	
Tobogganing, tubing, crazy carpeting and sledding (slope less than 35 degrees and height of less than 5 meters)	
Track & Field: Discus	
Track & Field: High Jump	
Track & Field: Javelin	
Track & Field: Shot Put	
Vertical Playground	
Water Polo	
Water Slides/Parks	

Title	Risk Category (Green, Yellow, Orange, Red)
Weight Training	Yellow - Medium Risk (with Restrictions)
Winter Camping Trips	
Wrestling	

Title	Risk Category (Green, Yellow, Orange, Red)
Activities in the wilderness or remote locations including hiking, biking or camping trips outside Alberta OR overnight backcountry trips within Alberta	Orange - Higher Care (Permitted Under Specific Conditions Only)
Boxing or kick boxing or martial arts (no full contact)	
Dunk tank activities	
Fencing	
Laser Tag	
Mountain biking (in a control facility)	
Ninja Activities	
Rock Climbing (not wall climbing)	
Rocketry (except bottle rocketry which is restricted)	
Rugby (contact)	
Scuba Diving (in pools only)	
Sling Shot	
Slip and Slide	
Stuntnastics (including Cheerleading Aerobatics)	
White water rafting	
Zip Lining	

Title	Risk Category (Green, Yellow, Orange, Red)
Aerial Arts	High Risk (Not Permitted)
Airplane Rides (not commercial flights)	
Auto racing (including Go-Karting)	
Axe throwing or training	
Bungee jumping	
Canoeing (white water)	
Caving (spelunking)	
Demolition derbies	
Drag racing	
Giant Swing	
Gymnastics: Trampolines	
Hang gliding, paragliding, parachuting, sky-diving	
Hiking in hazardous areas (i.e. W. Coast Trail)*	
Horse jumping	
Hot air balloon rides	
Ice climbing	
Ice Fishing	
Inflatable bouncers and obstacle courses (bouncy castle) including bubble soccer; does not include inflatable apparatus (ex. Basketball nets)	
Kayaking (White Water)	
Mechanical bull riding	
Motorcycling of any nature	
Mountain scrambling and technical mountaineering	
Off-Road (All Terrain Vehicles)	
Open Water Swimming, Man-Made Lakes and Natural Pools	
Orbing/Zorbing (human hamster ball)	
Paintball, laser tag or war games	
Parkour	
Pellet Gun	
Performances involving open flames	

Title	Risk Category (Green, Yellow, Orange, Red)
Pyrotechnics or fireworks displays	High Risk (Not Permitted)
Rifle Ranges, Firearms or other activities involving guns (includes target shooting, archery tag, winter biathlon with live rounds)	
Rodeo events	
Scuba diving (open water)	
Seadoos	
Ski Jumping	
Snowmobiling	
Track & Field: Pole Vault	
Trampoline use	
Ultra-light Plane Flight	
Water Skiing	
Watercraft Racing	
Wave riding/indoor surfing	
Winter biathlon activities involving firearms	
Yoga involving animals	